



Union County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Union County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Union County School System that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- School Health Policies strengthened or approved include the adoption of the state nutritional guidelines for K-8
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,258,049.00. Most of this comes from the school-based clinics and the EUDL Coalition Grant that address underage binge drinking.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Union Co. Health Department | ➤ Stay on Track Program |
| ➤ Union Family Medicine | ➤ Just Wait, pregnancy prevention |
| ➤ Legend Fitness | ➤ YMCA of Knoxville |
| ➤ Douglas- Cherokee | ➤ Think First, accident prevention |
| ➤ Helms Paving of Union Co. | ➤ (Covenant Hospital, Knoxville, TN) |
| ➤ Dr. Mary Headrick, | ➤ Hulse Mobile Dentistry |
| ➤ Greg Gibson of No Teacher Left Behind | ➤ Remote Area Medical |
| ➤ LMU College of Osteopathic Medicine | ➤ RAMUSA.org |
| ➤ Doc's Gym (workout for teachers) | ➤ RHAT |
| ➤ Suntyme Gym (workout for teachers) | ➤ SAFE KIDS, East TN's Children's Hospital of Knoxville |
| ➤ St. Mary's F- Union County Health Council | ➤ Community Walk-In Medical Clinic |
| ➤ Cherokee Health Systems | ➤ Lions Club of Maynardville |
| ➤ Volunteer State Health Plan fitness Center | ➤ I Care TN and Susan Dillingham Food City |
| ➤ United States National Guard | ➤ Union County Government |
| | ➤ United Way of Maynardville |
| | ➤ Clinch-Powell Cooperative |
| | ➤ Tennessee Road Builders Association |

- Ollie the Otter (seatbelt safety program)
- UT Extension, Maynardville Office
- UT Office of Food Science
- Union County Health Department
- Mercy Health Partners

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Healthy School Teams, mini-health fairs, health council, EUDL Coalition, and health screenings. Currently, 50 parents are collaborating with CSH.

Students have been engaged in CSH activities that include health screenings, EUDL Coalition, health screenings at UCHS athletic events. Approximately 80 HOSA students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Union County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 933 screened and 369 referred;

Students have been seen by a school nurse and returned to class - 3984 seen by nurse and 425 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. There were 933 students screened and 369 students were referred;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a walking trail at BRES, fitness equipment for both students and faculty/staff, and curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Take 10! curriculum, TAPHERD, Athletic Training Conference, seizure training, Epi-Pen training, bloodborne pathogen training, Glucagon training, pediatric emergency training, BACLOSEN training, AED training at HMMS and First Aid and CPR training;

School faculty and staff have received support for their own well-being through No Teacher Left Behind and planning a staff vaccination next year for hepatitis A and B, pertussis and the flu with GlaxoSmithKline.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Y Winners at HMMS and Michigan Model;
- Physical Education/Physical Activity Interventions – Y Winners, Patrick Cooke at UCHS and the personal improvement plan we put him on and he has lost 15 pounds and kept it off;
- Nutrition Interventions – Serve fresh salads as an option at every school every day, changed from a slushy type drink to 100% fruit juice frozen drinks, more fresh fruit and vegetable offerings, removed fried foods from the menus, changed all grains/breads to whole wheat, went to fat free pizza and fat free whole wheat pizza, offer skim milk and low fat flavored milk only, went to low fat ice cream, and cut starch servings to twice a week and doubled dark green veggie offerings.
- Mental Health/Behavioral Health Interventions – anti bullying, No-Run-Tell personal safety program.

In such a short time, CSH in the Union County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Eddie Graham
865-992-5466 x113